

Statistics Report 35211, Caribou, hind quarter, meat, cooked (Alaska Native)

Report Date: December 10, 2015 07:43 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ^{1 2}	g	65.47	--	--	58.35	72.6	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Energy	kcal	159	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Energy	kJ	664	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Protein ^{1 2}	g	28.81	--	--	22.63	35	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Total lipid (fat) ^{1 2}	g	4.82	--	--	3.37	6.26	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Ash ^{1 2}	g	1.05	--	--	0.88	1.23	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Fructose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007

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Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Maltose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Starch	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Minerals													
Calcium, Ca 1 2	mg	5	--	--	5	6	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Iron, Fe 1 2	mg	4.80	--	--	4.1	5.5	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Magnesium, Mg 1 2	mg	24	--	--	22	26	--	--	--	1	Analytical or derived from analytical	--	05/2007
Phosphorus, P 1 2	mg	215	--	--	200	230	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Potassium, K 1 2	mg	245	--	--	170	320	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Sodium, Na 1 2	mg	45	--	--	38	52	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Zinc, Zn 1 2	mg	4.30	--	--	2.1	6.5	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Copper, Cu 1 2	mg	0.325	--	--	0.27	0.38	1.0	--	--	1	Analytical or derived from analytical	--	05/2007

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Manganese, Mn 1 2	mg	0.043	--	--	0.04	0.05	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Selenium, Se 1 2	µg	16.5	--	--	12.5	20.5	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Thiamin 1 2	mg	0.291	--	--	0.14	0.44	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Riboflavin 1 2	mg	0.814	--	--	0.67	0.96	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Niacin 1 2	mg	5.890	--	--	4.63	7.15	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Pantothenic acid 1 2	mg	1.487	--	--	0.88	2.09	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Vitamin B-6 1 2	mg	0.373	--	--	0.35	0.4	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Folate, total 1 2	µg	4	--	--	3	4	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2009
Folate, food 1	µg	4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

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Folate, DFE	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Choline, total ¹	mg	120.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin B-12 ^{1 2}	µg	6.47	--	--	5.89	7.05	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Vitamin A, RAE	µg	94	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Retinol	µg	94	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Vitamin A, IU	IU	312	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Vitamin E (alpha-tocopherol) ^{1 2}	mg	0.88	--	--	0.69	1.07	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007

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Tocopherol, beta 1 2	mg	0.00	--	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Tocopherol, gamma 1 2	mg	0.00	--	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Tocopherol, delta 1 2	mg	0.00	--	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Vitamin K (phylloquinone) 1 2	µg	1.8	--	--	1.4	2.1	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Lipids													
Fatty acids, total saturated	g	1.880	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
8:0 1 2	g	0.000	--	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
10:0 1 2	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2007
12:0 1 2	g	0.000	--	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
14:0 1 2	g	0.060	--	--	0.03	0.09	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
15:0 1 2	g	0.010	--	--	0	0.02	1.0	--	--	1	Analytical or derived from analytical	--	05/2007

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16:0 1 2	g	0.950	--	--	0.61	1.29	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
17:0 1 2	g	0.040	--	--	0.03	0.05	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
18:0 1 2	g	0.795	--	--	0.59	1	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
20:0 1 2	g	0.015	--	--	0.01	0.02	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
22:0 1 2	g	0.000	--	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
24:0 1 2	g	0.010	--	--	0	0.02	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Fatty acids, total monounsaturated	g	1.495	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
14:1 1 2	g	0.005	--	--	0	0.01	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
15:1 1 2	g	0.000	--	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
16:1 undifferentiated 1 2	g	0.085	--	--	0.07	0.1	1.0	--	--	1	Analytical or derived from analytical	--	05/2007

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17:1 1 2	g	0.010	--	--	0	0.02	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
18:1 undifferentiated 1 2	g	1.380	--	--	0.86	1.9	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
20:1 1 2	g	0.015	--	--	0.01	0.02	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
22:1 undifferentiated 1 2	g	0.000	--	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
24:1 c 1 2	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2007
Fatty acids, total polyunsaturated	g	0.725	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
18:2 undifferentiated 1 2	g	0.345	--	--	0.26	0.43	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
18:3 undifferentiated 1 2	g	0.130	--	--	0.1	0.16	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
18:4 1 2	g	0.010	--	--	0	0.02	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
20:2 n-6 c,c 1 2	g	0.005	--	--	0	0.01	1.0	--	--	1	Analytical or derived from analytical	--	05/2007

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20:3 undifferentiated ^{1 2}	g	0.000	--	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
20:4 undifferentiated ^{1 2}	g	0.125	--	--	0.1	0.15	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
20:5 n-3 (EPA) ^{1 2}	g	0.035	--	--	0.03	0.04	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
21:5 ^{1 2}	g	0.000	--	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
22:4 ^{1 2}	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2007
22:5 n-3 (DPA) ^{1 2}	g	0.060	--	--	0.05	0.07	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
22:6 n-3 (DHA) ^{1 2}	g	0.015	--	--	0.01	0.02	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Cholesterol ^{1 2}	mg	107	--	--	81	134	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007

Sources of Data¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 9i, 2005 Beltsville MD